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MONTHLY

# INDUSTRIAL NUTRITION SERVICE



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WAR FOOD ADMINISTRATION, Office of Distribution

Industrial Feeding Section  
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## LITTLE RELIEF EXPECTED FROM MEAT SHORTAGE FOR SEVERAL MONTHS

Americans like meat. But today we are faced with short supplies of meat, and there is not much relief in sight for some months to come. We should remember that food, like tanks, planes, ships, and guns, is a war weapon. Let us make the most of the available supply under rationing, remembering that the winning of the war is far more important to each of us than a steak today, a chop tomorrow, and a roast for Sunday dinner.

Few workers realize that the food service manager within the plant faces the same problems that confront each housewife in feeding her family. His job of feeding hundreds, sometimes thousands, of workers is a momentous task that has to be done in spite of limited ration points and the restricted meat supply.

## BRITISH FOOD OPERATORS VISIT AMERICAN PLANTS

Seven members of the British Society of Caterers to Industry travelling under sponsorship of the British Ministry of Food were guests of the Industrial Nutrition Committee of the Essex and West Hudson Counties of New Jersey on a tour of the Thomas A. Edison plant in West Orange.

The visiting committee also observed feeding operations in the Sperry Plant, Long Island, and the Brooklyn Navy Yard. Visits to plants in Chicago, Detroit, and the West Coast are also included in the itinerary, which was planned with the aid of the War Food Administration in Washington.

Several hundred plants in the British Isles are serviced by the seven food operators.

## WORKERS' MID-SHIFT MEALS WILL BE MEATLESS

With meat in short supply, workers can no longer expect to find the traditionally popular meat-potato-vegetable combination at the cafeteria each day. Roast beef, steaks, and chops have disappeared from the lunch special in many localities. Just like at home, there may be no meat at all for several days a week. Local meat supplies and ration point budgeting determine that.

This does not mean that workers will not be well-nourished. Meatless meals can be both nutritious and delicious. They can be appetizing and satisfying. If we adjust our sights to the meat supply situation we will do two things:

- 1) We will understand that the cafeteria manager struggles with rationing and supply problems just as we do at home.
- 2) We will understand how to choose a good, nutritious meatless meal when meat is not available.

### Meat Alternates

Meat alternates, as the name implies, are foods that can be used in place of meats. They have similar food value. Poultry, fish, cheese, eggs, dry peas and beans, and nuts are meat alternates. Any one of these foods may be used, in place of meat, as the main dish of the meal.

Poultry, fish, eggs, and cheese are excellent sources of protein and the B vitamins, therefore they may be used interchangeable with meat. Dry peas and beans and nuts are also good sources of protein and the B vitamins, but the protein in these products is somewhat lower in nutritive value than protein from animals. So remember to choose a glass of milk or another food containing cheese or

## BRITISH FOOD OPERATORS (Cont. from P.1)

One feature of their operations is a "pre-plate service." Plates are filled and kept in warming ovens until the arrival of the patrons. By this method, twenty people a minute can be served. Choice of food, however is naturally more limited under this system.

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eggs, when you choose a main dish of dry peas or beans or nuts. For instance, if you select baked beans--a meat alternate--as your main dish, take a glass of milk, or a piece of custard pie for dessert to increase the food value of the meal.

### Selecting Nutritious Meals On Meatless Days

More care must be taken in selecting an appetizing, well-balanced meal when there's no meat on the menu. Here is a cafeteria menu with three meat alternates:

#### Cafeteria Menu

Cream of celery soup  
Tomato juice

Stewed chicken  
Fried fish fillets  
Boston baked beans

Parsleyed new potatoes  
Green beans  
Carrots  
Fresh spinach

Sliced tomato salad  
Fruit salad

Whole-wheat and enriched breads  
Hot biscuits  
Butter or fortified margarine

Blueberry pie  
Baked custard  
Ice cream

Milk  
Other beverages



## Nutritious Meals (Cont. from P. 2)

Here are three of several well-balanced lunches which may be selected from that menu:

### 1.

Stewed chicken  
Parsleyed potatoes  
Fresh fruit salad  
Hot biscuits with butter or  
fortified margarine  
Ice cream  
Milk

### 2.

Fried fillet of fish  
Parsleyed potatoes  
Green beans  
Enriched bread with butter or  
fortified margarine  
Blueberry pie  
Milk

### 3.

Boston baked beans  
Carrots  
Sliced tomato and lettuce salad  
Whole-wheat bread with butter or  
fortified margarine  
Baked custard  
Milk

Each lunch has been selected to supply foods that give appetite appeal. They look well together, and they are tasty, colorful combinations. If desired, cream of celery soup may be added to Menu 3; tomato juice could be added to Menus 1 and 2.

## Foods in Plentiful Supply

Potatoes, carrots and cabbages and onions and tomatoes are the fresh vegetables that will be in plentiful supply in May. Tomatoes, oranges and apples will be abundant too.

Tomatoes and oranges are rich in vitamin C. Carrots are a very good source of vitamin A. These foods are delicious raw or cooked and add color to the menu. Use them liberally in salads.

## Food-on-the Job Here and There

It sounds like an assembly line figure--one plant in Pittsburgh serves 1,851,600 meals a year. Three mid-shift meals are prepared daily. Workers who must rush to work can obtain breakfast an hour before the shift begins

No other single factor, one New York State plant reports, does more to keep up morale than the fine quality of well-cooked cafeteria food.

A Texas cafeteria has been dubbed the "vitamin assembly line" by its workers.

